



High water content foods I like:

New high water content foods I will try:

Goal: I will drink \_\_\_\_\_  
glasses of water a day.

Drinks that contain caffeine such as coffee, iced tea, and some soda pops dehydrate you. After drinking them you need to drink more water.

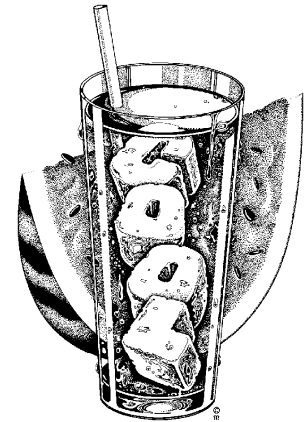
**Remember  
water contains no calories!**

To increase your daily water intake, try these ideas:

- Add a slice or squeeze of lemon juice to a glass of water.
- Freeze lemon juice in an ice cube container to add to a glass of water.
- Freeze bottles of water to take with you to work or play.
- Measure out a pitcher of water and store in refrigerator – try to finish it during the day.
- Keep a glass, mug, or sport bottle handy to fill with water throughout the day.
- If you're too cold for cold water, try hot water flavored with lemon juice.



# Key Nutrient



# Water

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## Water, H<sub>2</sub>O, aqua – no matter how you say it, everyone needs it.

Your body needs water to stay alive. Water makes up 40-60 percent of the body's weight depending on your age and sex.

### You need fluid to:

- Digest food
- Carry nutrients to cells
- Regulate body temperature
- Remove wastes from the body
- Help prevent constipation

### Remember: most of the fluid you need should come from water.

A 10 percent loss of fluid can cause serious problems. A 20 percent loss of fluid can cause death. Drink water in small amounts throughout the day. If you wait until you feel thirsty before you drink water, it may be too late. You may already have started to become dehydrated.

Help to keep your child healthy. Offer them water and milk more often instead of too much juice, fruit drinks or soda pop.



Water is the best drink for children when they are thirsty. Make it fun by serving it in a fun cup. If a child wants juice, give small amounts of 100% juice, 1-2 small cups a day (4 ounces or ½ cup is a small cup). Some children can drink too much juice and never seem to eat their meals. More than 12 ounces of juice in a day is too much.



Set a good example for those around you. Try to drink lots of water to meet your fluid needs during the day. Limit the amount of juice, soda pop and fruit drinks. Drink milk with meals.

### Remember children see what you drink so set a good example.

FLUID NEEDS	
<b>INFANTS:</b> Unless the weather is very hot, a healthy infant does not need additional fluid over what they get in breastmilk or formula	
<b>CHILDREN:</b>	
AGE	AMOUNT PER DAY
2 YEAR OLD about 30# child	7 (8 ounce) cups per day
6 YEAR OLD about 45# child	8 to 9 (8 ounce) cups per day
10 YEAR OLD about 70# child	9 to 11 (8 ounce) cups per day
<b>ADULTS/TEENS:</b>	
	10 to 12 (8 ounce) cups per day
<b>BREASTFEEDING WOMAN:</b>	
	12 to 15 (8 ounce) cups per day

## We “eat” a lot of water in foods:

Nearly all foods contain water. Some are up to 90 percent water:

- Iceberg lettuce
- Radishes
- Celery
- Watermelon
- Broccoli



Some are over 80 percent water:

- Milk
- Carrots
- Oranges
- Cooked Cereals
- Apples



The warmer the air temperature and the more active a person is, the more water they need. A person can lose as much as 2 quarts (8 cups) of water an hour from sweating.

### Guidelines for water intake while exercising:

1-2 hours before exercising drink  
Æ 10-14 ounces of water  
(about 1-1/2 cups)

10-15 minutes before exercising drink  
Æ 10 ounces of water

While exercising drink  
Æ 3-4 ounces every  
15 minutes



After exercising drink  
Æ 2 cups of water for every pound of body weight lost during exercise; about 1-2 cups for most children and adults.

